

## **Sleeping quality and quantity in diabetic patient**

### **Abstract:**

#### **Introduction :**

sleeplessness and oversleeping are known to have adverse effects on human health, this study designed to compare sleep quality among diabetics.

#### **Materials and Methods :**

In this study Type 2 diabetic patients (n=100) referred to the Emam hospital were selected. data were collected using Pittsburgh sleep quality index (PSQI) and analyzed using correlation coefficient and chi-square.

#### **Results :**

The mean sleep quality score in this study were 9.85 and there was a direct significant difference between quality of sleep and HbA<sub>1c</sub> , body mass Index and sleeping quantity.

#### **Conclusion :**

Due to The importance of good glycemic control in diabetic patients, glycemic control factors adjustment, Is important. Lifestyle is One of the most important factor that can be adjusted to improved The care of these patients. Sleep and rest in front of exercises and activities are one of the most important components of human life, they overlapping with each other.

#### **Key Words :**

Type 2 Diabetes , sleep quality , sleep quantity